

## BEDTIME STORY FOR THE LITTLE ONES

UNCLE WIGGILY AND THE GOLD SPINNER.

By HOWARD H. GARIS.

UNCLE WIGGILY LONGEARS, the rabbit gentleman, was hopping along through the woods one day, wondering whether or not he would have an Arabian Nights adventure, as he had had the evening before with the moon man, when, all of a sudden, he came to a little stone castle standing under a tree in the forest.

"Hello!" exclaimed the bunny gentleman to himself, twinkling his pink nose. "This is something new!"

And, indeed, it was. For Uncle Wiggily had passed that way only two days ago, and there was no such castle there then.

Mr. Longears looked all about the castle, but he could see no one, and he began to think:

Maybe this is one of those castles Aladdin used to wish for, just by rubbing his wonderful lamp. I had better not go inside, or I might fly away and vanish when the castle does, for that's what happens to all Aladdin's things."

So Uncle Wiggily walked forward very slowly and carefully. Just as he had taught Sammie and Susie Little-

tail, the little rabbit boy and girl, to do when they were looking for traps, and, all of a sudden, he heard coming from an open window of the castle a sad voice, saying:

"Oh, dear! It is of no use. I never can do it!"

"Do it? Do what?" asked the bunny before he thought. "Excuse me," he went on, "but I am Uncle Wiggily Longears, and perhaps I can help you. What is it you can't do?"

"I can't spin any more gold out of this straw," was the answer, and he was so surprised, Uncle Wiggily was, that he walked right in the castle, never stopping to think that he was an Arabian Nights one, and could suddenly vanish.

"What in the world are you talking about?" asked the rabbit gentleman. "Spin gold out of straw? I know Mrs. Spin-Spider, the spider lady, can spin a silk dress out of cobwebs, but as for spinning gold out of straw—"

"Just come in and I'll tell you all about it," interrupted a little voice, and then Uncle Wiggily saw, through the front parlor of the castle, a little girl.

"Well, I guess I shan't be afraid of her," said the bunny uncle to himself. "A little girl that can't hurt me. She looks like Little Miss Muffit, who sat on a tuffet, eating a lollypop nose."

"Come in," invited the little girl again, and then Uncle Wiggily saw that she was sitting in front of a spinning wheel, with a whole lot of straw around her, and her face looked sad.

"What is the matter?" asked Uncle Wiggily, kindly, "and may I have the pleasure of helping you?"

"I don't believe you can, thank you, just the same," said the little girl, "but I'll tell you what is the matter. You see I am a princess, and—"

"Oh, Princess, excuse me. I forgot to make a bow," and Uncle Wiggily made a very low one.

"That's all right," said the little girl, "but I am not in my father's castle. I was caught and taken away by the king who lives next door to my father (another king) and the one who caught me says I must spin all this straw into gold before he will let me go. And I can't go until I do, because you see this castle is enchanted—that means it's fairy-like, or magical."

"But can you spin straw into gold?" asked Uncle Wiggily.

"Oh, yes," answered the little princess. "If you remember the story in the book, it tells you that I can easily do it. But after I had spun most of the straw into gold, and the bad king had taken it away, my spinning wheel suddenly broke, and it will no longer spin the gold."

"That's too bad," said Uncle Wiggily. "And did you really spin some gold from this straw?" he asked.

"Before my magical spinning wheel broke I did," said the little princess. "See, here is one of the last pieces of gold I made," and she picked up a piece.

"Oh, dear, I don't know what to do. Now I shall never see my own dear castle and my dear daddy again," she cried.

"Oh, yes you will," said Uncle Wiggily. "Now come built an airship, and I can run that, and mend my automobile, with the bolonza sausage tires, whenever that gets out of order. So I think I can mend your spinning wheel."

"Please try," begged the little princess, eager-like.

"Uncle Wiggily tried, seeing where a piece of straw was broken in the wheel. But when the little girl tried to run it, and spin the straw into gold, only pennies came out of the wheel.

"That will never do," said the little princess. "Pennies are copper and I must spin gold." "I'll fix the spinning wheel," said Uncle Wiggily, and he took the wheel and began to drop out of the wheel as the little princess spun the straw into it.

"Oh, dear!" she said sadly.

"Ha! Then I know what to do!" cried Uncle Wiggily. "I will go borrow a magic wheel from Mother Goose's spinning wheel. And it turned magical all of a sudden as soon as it was brought into the castle. So that as fast as the little princess put the straw through the wheel and turned it, a string of gold pieces came out.

"Oh, joy!" cried the little princess. Then the bad king came and got the gold pieces and he turned good and the little princess's home was restored. And the king, who thanked Uncle Wiggily very much, and so did the princess, whose name, ever after that, was Gold-Spin.

And if our kitten don't get all tangled up in the molasses and think she's a lollypop, and spin the pictures. I'll tell you next about Uncle Wiggily and the fisherman's wife. Copyright, 1917, by McClure Newspaper Syndicate.

## BEAUTY CHATS.

By Edna Kent Forbes.

Chins and Necks.

A GREAT number of women write in every week, asking ways to reduce a double chin. Of course, general reduction all over the body will strip the extra flesh from under the chin, but many women are too easy going by nature to wait to reduce. Then, many carry their heads hanging down so the chin droops, and the flesh forms a little bag beneath the chin.

A very good way to overcome this is by exercising. Tilting the head far back, then forward, repeating several times, in one good method of working off the loose flabby tissue. Another is to roll the head round and round over the shoulders, although this exercise is better for keeping the neck in good condition. Massage with the fingers, rolling and pinching the flesh lightly, especially about a hot wash when the skin is soft and moist, will help destroy some of the tissue. No cold cream should ever be used under the chin, as this helps to build flesh.

Some women are bothered with double chin, while the rest of the body is quite slender. Usually these women hold their heads low, the chin sagging forward. For you, all druggists supply bottles handle it, but do not know what to take. There is nothing like organic iron—Nuxated Iron—to give increased strength, snap, vigor, and staying power. It enriches the blood, brings roses to the cheeks of women and is an unfailing source of renewed vitality, endurance, and power for men who blow up too rapidly their nervous energy in the strenuous strain of the great business competition of the day.

Dr. King, a New York physician and author, said: "I heartily endorse Senator Mason's statement in regard to Nuxated Iron. There can be no vigorous iron men without iron. Pallor means anemia. Anemia means iron deficiency. The skin of anemic men and women is pale, the flesh flabby; the muscles lack tone; the brain fails; and the memory fails, and often they become weak, nervous, irritable, depressed, and melancholy."

"In the most common foods of America, the starches, sugars, table scraps, candies, polished rice, white bread, soft crackers, biscuits, macaroni, spaghetti, tapioca, sago, farina, degenerated cornmeal, no longer is iron to be found. Refining processes have removed the iron of Mother Earth from these impoverished foods, and silly methods of home cooking, by throwing down the waste pipe the water which our vegetables are cooked, are responsible for another grave iron loss."

"Therefore, if you wish to preserve your youthful vim and vigor to a ripe old age you must supply the iron deficiency in your food by using some form of organic iron—Nuxated Iron, just as you would use salt when your food has not enough salt."

Dr. E. Sauer, a Boston physician who has studied abroad in great European medical institutions, said: "Senator Mason is right. As I have said a hundred times over, organic iron is the greatest of all strength builders."

Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of twenty and as full of vigor, vim and vitality as a young man; in fact, a young man he really was, notwithstanding his age. The secret, he said, was taking organic iron—Nuxated Iron—had filled him with renewed life. At thirty he was in bad health; at forty-six he was cured and made a man of it. Now at fifty, after taking Nuxated Iron, a miracle of vitality and his face beaming with the buoyancy of youth, iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking. Just like a plant trying to grow in a soil deficient in iron. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next, take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again, and see how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double their strength and endurance and entirely rid themselves of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this, after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. The iron demanded by Mother Nature for the red coloring matter in the blood of her children is, alas! not that kind of iron. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. Many an athlete and prize fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the arena. While many another has gone down in ignominious defeat simply for the lack of iron.

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# Former United States Senator Mason

## Pioneer in Pure Food & Drugs Legislation, Father of the Rural Free Delivery System

### Takes NUXATED IRON

#### to obtain renewed Strength, Power and Endurance

After the hardest fought political campaign of his life, in which he was elected Congressman from the State of Illinois. The results he obtained taking Nuxated Iron were so surprising that

## Senator Mason Now Says

Nuxated Iron Should Be Made Known to Every Nervous Run-down, Anemic Man, Woman and Child.

Opinion of Dr. Howard James, late of United States Public Health Service, who has prescribed and thoroughly tested Nuxated Iron in his own private practice.

WHAT SENATOR MASON SAYS: "I have often said I would never recommend medicine of any kind. I believe that the doctor's place is in the home, and that the greatest of all strength builders is not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of twenty and as full of vigor, vim and vitality as a young man; in fact, a young man he really was, notwithstanding his age. The secret, he said, was taking organic iron—Nuxated Iron—had filled him with renewed life. At thirty he was in bad health; at forty-six he was cured and made a man of it. Now at fifty, after taking Nuxated Iron, a miracle of vitality and his face beaming with the buoyancy of youth, iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking. Just like a plant trying to grow in a soil deficient in iron. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next, take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again, and see how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double their strength and endurance and entirely rid themselves of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this, after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. The iron demanded by Mother Nature for the red coloring matter in the blood of her children is, alas! not that kind of iron. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. Many an athlete and prize fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the arena. While many another has gone down in ignominious defeat simply for the lack of iron."

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Dr. E. Sauer, a Boston physician who has studied abroad in great European medical institutions, said: "Senator Mason is right. As I have said a hundred times over, organic iron is the greatest of all strength builders."

Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of twenty and as full of vigor, vim and vitality as a young man; in fact, a young man he really was, notwithstanding his age. The secret, he said, was taking organic iron—Nuxated Iron—had filled him with renewed life. At thirty he was in bad health; at forty-six he was cured and made a man of it. Now at fifty, after taking Nuxated Iron, a miracle of vitality and his face beaming with the buoyancy of youth, iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking. Just like a plant trying to grow in a soil deficient in iron. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next, take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again, and see how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double their strength and endurance and entirely rid themselves of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this, after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. The iron demanded by Mother Nature for the red coloring matter in the blood of her children is, alas! not that kind of iron. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. Many an athlete and prize fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the arena. While many another has gone down in ignominious defeat simply for the lack of iron.

Dr. Schuyler C. Jacques, Visiting Surgeon of St. Elizabeth's Hospital, New York City, said: "I have never before given out any medical information or advice for publication as I ordinarily do not believe in it. But in the case of Nuxated Iron I feel I would be remiss in my duty not to mention it. I have taken it myself and given it to my patients with most surprising and satisfactory results. And those who wish quickly to increase their strength, power and endurance will find it a most remarkable and wonderfully effective remedy."

May little hope of peace and diplomatic blunders are indicated for England. Through a higher degree of inspiration, music and art are to progress greatly in the United States this year.



From the Congressional Directory, published by the United States Government, the 56th Congress in 1897, to the 57th Congress in 1899, elected Senator to the 54th Congress, 1895-1903.

Senator Mason is now Congressman-elect from the State of Illinois. The establishment of Pure Food and Drugs legislation, his championing of the Rural Free Delivery system, and his strong advocacy of all bills favoring labor and the rights of the masses as against trusts and combines, made him a national figure at Washington and endeared him to the hearts of the working man and the great masses of people throughout the United States. Senator Mason has the distinction of being one of the really big men of the nation. His strong endorsement of Nuxated Iron must convince any intelligent thinking reader that it must be a preparation of very great merit and value which the Senator feels is bound to be of great value to the masses of people everywhere, otherwise he could not afford to lend his name to it especially after his strong advocacy of pure food and drugs legislation.

Since Nuxated Iron has attained such an enormous sale—over three million people using it annually—other iron preparations are often recommended as a substitute for it. The reader should remember that there is a vast difference between ordinary metallic iron and the organic iron contained in Nuxated Iron; therefore, always insist on having Nuxated Iron, as recommended by Dr. Howard James, late of the United States Public Health Service, Dr. Schuyler C. Jacques, Visiting Surgeon at St. Elizabeth's Hospital, New York, and other physicians. In this connection Dr. Howard James says:

"Iron to be of the slightest value to the human system must be in a combination which may be easily assimilated. In the case of metallic salts of iron, iron acetate, etc., it is very doubtful if sufficient actual iron can be taken up and incorporated into the blood to be of any service, especially in view of the disadvantages entailed by its corrosive action upon the stomach and the damaging effect upon the dental enamel. When, however, we deal with iron in organic combination, such as for instance as albuminate, or better still, Nuxated Iron, the blood is enriched with iron. We will observe no destructive action upon the teeth; no corrosive effect upon the stomach. The iron is readily assimilated into the blood and quickly makes its presence felt by increased vigor, snap and staying power."

NOTE—Nuxated Iron which is prescribed and recommended above by physicians in such a great variety of cases, is not a patent medicine nor secret remedy, but which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians both in Europe and America. Unlike the older inorganic iron products it is easily assimilated, does not irritate the stomach, makes them strong, and upsets the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100.00 if it does not cure the case in four weeks' time, provided they have no action organic iron. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by A. E. Ryan and all good druggists—Adv.

all classes developing new interest in the finer things of life. The establishment of new centers for groups of persons working along special lines in the drama, literature and education is predicted by the seers. Persons whose birthdays occur in a year in which they will succeed by the exercise of unusual care and application. Letters may cause anxiety and domestic affairs may be unhappy. Children born on this day may be easy going and careless, but lucky in love. These subjects of Pines have Neptune as their principal ruler, and the subject of Pines, born on the 15th of the month, has Neptune as their principal ruler. Copyright, 1914, by the McClure Newspaper Syndicate.

**\$100,000**